



Home of the Huskies

St. Cloud State University

# HUSKY ATHLETICS

Athletic Media Relations - Track & Field

Contact: Anne Abicht 320-308-2141 / aabicht@stcloudstate.edu

## 07/08 SCHEDULE

### 2007-08 INDOOR SCHEDULE

DATE	MEET LOCATION	TIME / RESULT
Dec. 8	Minnesota State	Pre-Season Open
Jan. 12	Northwest Open	Minneapolis
Jan. 19	Minnesota Open	Minneapolis
Jan. 26	Minnesota Open	Minneapolis
Feb. 1-2	UNI Invitational	Cedar Falls, IA
Friday-3 pm	Multi/Saturday-11 am	Field; 1:10 pm Running
<b>Feb. 9</b>	<b>Husky Open</b>	<b>St. Cloud, Minn.</b>
<b>Feb. 16</b>	<b>St. Cloud State Open</b>	
Feb. 22	Showshoe Open (Men)	Minneapolis
Feb. 23	Parent Day Open	Minneapolis
Feb. 29-Mar. 1	NCC Indoor Championships	Mankato, MN
Mar. 14-15	NCAA DII Indoor Championships	Mankato

### 2008 OUTDOOR SCHEDULE - TBA

Apr. 28-29	NCC Multi Championships	at St. Cloud, MN
May 9-10	NCC Outdoor Championships	at Sioux Falls, S.D.
May 22-24	NCAA DII Outdoor Championships	at Walnut, Calif.

## St. Cloud State Probable Starters

FOR RELEASE: Jan. 31, 2008



**Huskies Travel to Cedar Falls IA for UNI Invitational:** The St. Cloud State University men's and women's track and field teams will travel to Cedar Falls, Iowa for the University of Northern Iowa Invitational on Friday and Saturday, Feb. 1-2.

**Start Times:** The multi-events will get underway at 3:00 p.m. on Friday. On Saturday, the field events are scheduled to begin at 11:00 a.m. followed by the running events at 1:10 p.m.

**The Huskies to Date:** St. Cloud State has had several solid outings at meets during the month of January against Division I competition. Last weekend, the Huskies competed against teams from Minnesota, North Dakota State, Iowa and South Dakota State.

**Provisional Qualifiers:** Two Huskies have met provisional qualifying marks this season. Sophomore sprinter Gabe Udia (Inver Grove Heights) has met the provisional mark in the 60 meter dash. Senior thrower Amanda Kunkel (Eden Prairie) is a provisional qualifier in the shot put. Kunkel currently ranks tenth on the NCAA performance list in the shot put with a mark of 13.66 meters. Udia ranks ninth on the NCAA 60 meter performance list with his time of 6.85.

**On the Horizon:** The Huskies will host two meets in February, beginning with the Feb. 9 Husky Open. On Feb. 16, the SCSU Open will take place. For the complete schedule of both meets, go to page 3 of this release.

## SCSU Quick Facts

Founded: 1869  
 Enrollment: 16,500  
 Team Colors: Cardinal and Black  
 Team Nickname: Huskies  
 Home Track : Halenbeck South Fieldhouse  
 National Affiliation: NCAA Division II  
 Conference Affiliation: North Central  
 President: Dr. Earl H. Potter III  
 Athletics Director: Dr. Morris Kurtz

Head Track & Field Coach: Seth Mischke  
 Year at SCSU: 9th season  
 Alma Mater: University of Minnesota, 1997  
 Assistant Coaches: Travis Zins (Throws); Tracy Mirznowski (Distance); Jason Koch (Multi-Events & Hurdles); Terra Foster (Sprints); Brian Sebera  
 Graduate Assistant Coach (Sprints & Relays)

Athletic Media Relations Director/Track & Field  
 Contact: Anne Abicht; 320-308-2141/aabicht@stcloudstate.edu  
 Assistant Media Relations Director: Tom Nelson  
 Assistant Media Relations Director: Celest Stang  
 Graduate Assistants: Matt Marek & Pat McCabe

**Top Five Finishes:** The Huskies have had several top five place finishers this season.

### Men's 60 Meter Dash

1. Gabe Udia, 6.90	Jack Johnson Minnesota Classic, 1/26
1. Gabe Udia, 6.85	Minnesota Open, 1/19
2. Gabe Udia, 6.87	Northwest Open, 1/12

### Women's Shot Put

4. Amanda Kunkel, 44'9 3/4"	Jack Johnson Minnesota Classic, 1/26
-----------------------------	--------------------------------------

### Women's 60 Meter Dash

4. Megan Quistorff, 8.31	Northwest Open, 1/12
--------------------------	----------------------

### Women's 200 Meters

3. Megan Quistorff, 27.53	Northwest Open, 1/12
---------------------------	----------------------

### Men's Long Jump

5. Fred Williams, 22' 2 1/4"	Jack Johnson Minnesota Classic, 1/26
------------------------------	--------------------------------------

### Men's 200 Meters

3. Gabe Udia, 22.83	Northwest Open, 1/12
---------------------	----------------------

### Men's 400 Meters

4. David Queck, 52.03	Northwest Open, 1/12
-----------------------	----------------------

### Men's 60 Meter Hurdles

5. Ben Held, 8.70	Northwest Open, 1/12
-------------------	----------------------



## Team Roster

<b>Women's</b>			
<b>Name</b>	<b>Yr.</b>	<b>Event</b>	<b>Hometown (High School)</b>
Andrea Borden	SO	Distance	Merrifield (Crosby-Ironton)
Lindsay Conroy	FY	Throws	Clearwater (St. Cloud Tech)
Holly Dombrowski	SR	Sprints	Sartell
Amanda Eggebretch	SO	Sprints	St. Cloud (Tech)
Sarah Ewald	FY	Sprints	Watertown (Watertown-Mayer)
Valerie Fuchs	SO	Jumps/Sprints	Royalton (H.S.)
Christa Halonen	JR	Distance	Annandale
Christine Henke	FY	Jumps/Sprints	Blue Earth
Kimberly Horner	JR	Sprints	Oakdale (North St. Paul)
Cheryl Hundt	FY	Mid-Distance	Bangor, WI
Kelsey King	FY	Hurdles/Multi	Lakeville (Burnsville)
Rebecca Kitzman	FY	Throws	Verona, WI (Verona Area)
Amanda Kunkel	SR	Throws	Eden Prairie
Paula Marozas	FY	Distance	Rochester (Andover)
Heather Miller	JR	Jumps/Sprints	Sun Prairie, WI (Columbus)
Brittney Moffatt	FY	Mid-Distance	Coon Rapids (St. Francis)
Crystal Moor	JR	Hurdles/Sprints	Minneapolis (Washburn)
Kelley Nelson	JR	Mid-Distance	Westbrook (Westbrook-Walnut Grove)
Sierrah Poole	SO	Distance	Blue Earth (Blue Earth Area)
Megan Quistorff	FY	Sprints	Sauk Centre
Andraya Rollins	FY	Throws	Grand Rapids
Libbie Sanders	JR	Distance	Coon Rapids
Amber Schueler	SR	Hurdles/Jumps	Glencoe (Glencoe-Silver Lake)
Mikha Tan	JR	Jumps/Sprints	Sioux City, IA (Sergeant Bluff-Luton)
Melissa Walden	FY	Mid-Distance	Deep River, Ontario
Angela Walhovd	FY	Hurdles/Multi	Mauston, WI
Mary Wilson	SO	Javelin	Grand Forks, N.D. (Red River)
Emily Winans	JR	Distance	Fergus Falls
<b>Men's</b>			
Dan Allen	FY	Jumps/Mid-Distance	St. Cloud (Cathedral)
Vivian Bambara	SO	Sprints	Big Lake (St. Paul Johnson)
Cyrus Beckwith	FY	Pole Vault	Saginaw
Mitch Bruzik	SO	Throws	Alexandria (Jefferson)
Brian Chavers	FY	Sprints	Plymouth
Hady Cherif	FY	Distance	Minneapolis (St. Louis Park)
Bob Colwell	SO	Hurdles	Altoona, WI
Jeremy Davis	FY	Hurdles	Champlin Park
Isaiah Fuller	JR	Pole Vault	Faribault
Michael Graham	SR	Sprints	Oakdale (Tartan)
Ben Held	JR	Hurdles	Hinton, Iowa
Marcus Jenkins	JR	Hurdles	Long Branch, N.J.
Cris Jirele	SO	Multi	Medford (El Shaddi/Medford)
Sam Johnson	SR	Jumps/Sprints	Savage (Burnsville)
Adam Kershaw	SO	Throws	Foley
Matt Main	FY	Mid-Distance	Webster, WI
Kyle Mikesh	SO	Throws	Eden Prairie
Tim Moes	JR	Mid-Distance	Becker
Pierce Novak	SO	Sprints	Coon Rapids
Shawn Onken	JR	Sprints	Eagle Bend (Parkers Prairie)
Lucas Pedersen	JR	Mid-Distance	Richfield
David Queck	JR	Sprints	Annandale
Cyrus Raivo	SO	Throws	Brook Park (Mora)
Mitchell Robertson	SO	Sprints	Rice (Sauk Rapids-Rice)
Billy Sackett	FY	Mid-Distance	Grand Rapids
Bobby Scepaniak	JR	Pole Vault	Avon (Holdingford)
Shawn Steinkraus	FY	Distance	Brainerd
Andrew Stueck	SO	Throws	Madison, WI (LaFollette)
Gabe Udia	SO	Sprints	Inver Grove Heights (Simley)
Vanlice Washington	FY	Hurdles/Sprints	Coon Rapids
Ben Wagner	SO	Distance	Buffalo (Waconia)
Dan Weihrauch	FY	Throws	Sartell
Fred Williams	FY	Jumps/Sprints	Milwaukee, WI (South Division)

## Head Coach Seth Mischke



Head Coach Seth Mischke (Minnesota, 1997) is in his ninth season at the helm of the SCSU men's and women's track & field teams. Mischke was hired in 1999 after serving two years as an assistant to Tracy Dill. In his eight seasons at St. Cloud State, Mischke has coached eight indoor All-American's and 14 outdoor All-American's as well as 19 North Central Conference individual champions.

The best finish for a Mischke coached squad was in the 2005 indoor season when the men's team scored a third place NCC finish. That following spring, in the outdoor season, the men finished in fifth place and coach Mischke was rewarded by being named the 2005 NCC men's track & field coach of the year.

A native of Worland, Wyoming, Mischke is a 1997 graduate of the University of Minnesota where he was a member of the Golden Gophers men's track & field team. A two-time team captain, he was a consistent top-eight finisher at the Big Ten Championships in multi-events.

## Assistant Coaches

- Travis Zins - Throws
- Tracy Miranowski - Distance runners
- Jason Koch - Multi Events & Hurdles
- Terra Foster - Sprints
- Brian Sebera (Graduate Assistant Coach) - Sprints & Relays



## St. Cloud State University Track & Field - Page 3

### Husky Open - February 9, 2008 Halenbeck South Fieldhouse

#### Field Events:

**12:30pm** Weight Throw (W, M); Shot  
Put to follow (W, M)  
High Jump (W, M)  
Pole Vault (W, M)  
Long Jump (M, W); Triple  
Jump to follow (M, W)

#### Running Events: (we will use a rolling schedule)

**1:30pm** 5000m (M, W)  
Distance Medley Relay (1200,  
400, 800, 1600); (W, M)  
Mile (W, M)  
60m Hurdles (W, M)  
60m Dash (W, M)  
400m Dash (W, M)  
500m Dash (W, M)  
60m Hurdles Final (W, M)  
60m Dash Final (W, M)  
800m (W, M)  
1000m (W, M)  
200m (W, M)  
3000m (W, M)  
4x400m Relay (W, M)

### SCSU Open - February 16, 2008 Halenbeck South Fieldhouse

#### Field Events:

**12:30pm** Weight Throw (W, M); Shot Put  
to follow (W, M)  
High Jump (W, M)  
Pole Vault (W, M)  
Long Jump (M, W); Triple Jump  
to follow (M, W)

#### Running Events: (we will use a rolling schedule)

**1:30pm** 5000m (M, W)  
Distance Medley Relay (1200,  
400, 800, 1600); (W, M)  
Mile (W, M)  
60m Hurdles (W, M)  
60m Dash (W, M)  
400m Dash (W, M)  
500m Dash (W, M)  
60m Hurdles Final (W, M)  
60m Dash Final (W, M)  
800m (W, M)  
1000m (W, M)  
200m (W, M)  
3000m (W, M)  
4x400m Relay (W, M)



TM



The 2007-08 school year will mark the final year of league competition in the North Central Conference for the St. Cloud State University athletics program. St. Cloud State University, Minnesota State University Mankato, Augustana College and the University of Minnesota Duluth will join the Northern Sun Intercollegiate Conference in the fall of 2008. The University of Nebraska-Omaha will join the Mid-America Intercollegiate Athletics Association, while the University of South Dakota and the University of North Dakota have elected to seek NCAA Division I status. The St. Cloud State men's program joined the North Central Conference in 1981. The Huskies made their presence known in the league winning 13 tennis championships (1986, 90, 91, 93, 94, 97, 98, 99, 2002, 03, 04, 05, 06) four swimming and diving championships (1982,83, 84, 85), four basketball championships (1986,87,88, 2001), three golf championships, two football (1989 and 2002), and one title each in cross-country (1983), and baseball (1991). The SCSU women's program joined the NCC in 1984, and won five conference tennis titles (1985, 87, 88, 90, 91), three softball titles (1998, 2003, 2004), and one basketball championship (1989).